

Free Workshop

Living Well

Free classes

Learn to enhance your health and well being.

Subjects covered include:

- Dealing with frustration, fatigue, pain and isolation
- Appropriate use of medication
- Communicating effectively
- Nutrition and exercise
- Use of community resources
- Goal setting and problem solving
- Working with your doctor
- Relaxation/symptom management



Education improves the health of people with chronic health concerns:

Including ▪ Heart Disease ▪ Arthritis ▪ Diabetes ▪ Chronic Pain ▪ and more

Classes are 2 hours, once a week for six weeks

For more information contact
Pat Tucker (801-851-7095)
Scott McBeth (801-229-3805) or
Register for classes at Senior Center
in your home town

Sponsored by: **Utah County Health Department's Health Promotion
and**

Mountainland Association of Governments Aging Services